Foundations 1E Chapter 04 Test Answers

Title: Chapter 4 Test

Topic: L4.1LO1: Explain how nutrients affect your overall health.

1. Which is the best description of the way nutrients affect your overall health?

a. Nutrients are like the outer hive that protects the bees as they make their honey inside.

b. Nutrients are comparable to an airport with many planes constantly taking off and landing.

c. Nutrients are similar to bowling pins that stand together until the ball knocks them down.

\*d. Nutrients are like the engine, body, and wheels of a car along with a full tank of gas.

Title: Chapter 4 Test

Topic: L4.1LO1: Explain how nutrients affect your overall health.

2. Pilar wants to get the nutrients her body needs to be healthy. What would be a good way for her to do that?

\*a. Eat a variety of whole foods that have a lot of vitamins and minerals, eat some healthy fats, and drink plenty of water.

b. Eat high-protein foods that are low in carbohydrates and fat, and drink water as needed when she feels thirsty.

c. Take vitamin and mineral supplements to make up for any junk food she eats, and limit sodas to one or two per day.

d. Look for foods that are complete proteins, because the body can make the vitamins and minerals she needs from those, and drink plenty of water.

Title: Chapter 4 Test

Topic: L4.1LO2: Describe the importance of each nutrient category and provide examples of foods for each.

3. Which meal contains the healthiest sources of all six categories of nutrients?

a. cheese omelet with peppers, bacon, an orange, whole-wheat toast, and milk

\*b. oatmeal with walnuts and apples, half a grapefruit, multigrain bagel, and milk

c. quesadilla with salsa and avocado, refried beans, ham, and apple juice

d. sausage links, hash browns, scrambled eggs, biscuits, milk, and orange juice

Type: MR

Title: Chapter 4 Test

Topic: L4.1LO2: Describe the importance of each nutrient category and provide examples of foods for each.

4. Which of the following are nutrients that provide you with calories? **Select all that apply.**

\*a. carbohydrates

\*b. proteins

c. vitamins

d. water

e. fiber

\*f. fats

g. sodium

h. minerals

Title: Chapter 4 Test

Topic: L4.1LO2: Describe the importance of each nutrient category and provide examples of foods for each.

5. If John wants to eat a food from which he can get simple carbohydrates, which food should he choose?

a. kale

\*b. orange

c. peanut butter

d. sunflower seeds

Title: Chapter 4 Test

Topic: L4.1LO3: Identify and defend the benefits of drinking enough water each day.

6. Which is the best argument for drinking enough water each day?

\*a. Water takes nutrients from food and distributes them to the tissues, muscles, and organs in your body.

b. Most foods don’t contain the essential vitamins and minerals that are found in water.

c. Large amounts of water dilute the caffeine in energy drinks and help you calm down.

d. Water is one of the building blocks of protein, which promotes muscle strength.

Title: Chapter 4 Test

Topic: L4.1LO3: Identify and defend the benefits of drinking enough water each day.

7. Drinking enough water each day is a good way to help prevent pimples.

\*a. true

b. false

Type: E

Title: Chapter 4 Test

Topic: L4.1LO4: Explain how sugary drinks and energy drinks might influence your health.

8. What are two potential health problems that can be caused by consuming sugary drinks?

a. Any two of the following answers are acceptable:

-developing cavities in your teeth

-developing type 2 diabetes

-gaining weight

Title: Chapter 4 Test

Topic: L4.1LO4: Explain how sugary drinks and energy drinks might influence your health.

9. Which is a TRUE statement about caffeinated beverages?

a. Energy drinks aren’t sweetened, whereas most coffee drinks are high in sugar.

b. Energy drinks and sodas are both good options for a quick burst of energy.

c. Sodas and energy drinks have about the same amount of caffeine in them.

\*d. Sodas, teas, and coffee drinks usually have less caffeine in them than energy drinks.

Type: E

Title: Chapter 4 Test

Topic: L4.1LO5: Use communication skills to increase water consumption.

10. Explain why water should be the main fluid in a healthy diet.

a. Water is essential for life, and it is recommended that you drink at least six to eight cups of water each day to meet your body’s needs. Water keeps your body at a constant temperature. It also carries nutrients through your body; helps you maintain a healthy body weight; and keeps your eyes, brain, blood, kidneys, and lungs healthy.

Title: Chapter 4 Test

Topic: L4.2LO6: Explain the concept of energy balance.

11. On average, Mateo consumes 1,900 calories and burns off 2,200 calories each day. Which is the most likely result?

a. weight gain

\*b. weight loss

c. stable weight

d. burning more calories

Title: Chapter 4 Test

Topic: L4.2LO7: Explain how energy balance relates to health.

12. Burning off more calories than you eat results in

a. energy balance

b. positive energy balance

\*c. negative energy balance

d. satiation

Title: Chapter 4 Test

Topic: L4.2LO7: Explain how energy balance relates to health.

13. Which plays the largest role in your daily energy expenditure?

a. genetics and gender

b. ingestion and digestion

c. physical activity and exercise

\*d. resting metabolic rate

Title: Chapter 4 Test

Topic: L4.2LO8: Identify how many calories are recommended each day for boys and girls aged 14 to 18.

14. Ganesh is 18 years old. His major interest is video games, and he taught himself how to code. He knows he should move his body more, but he just can’t tear himself away from the computer screen. What is a healthy amount of calories for Ganesh to consume?

a. 1,400 calories

b. 1,800 calories

\*c. 2,200 calories

d. 2,600 calories

Title: Chapter 4 Test

Topic: L4.2LO9: Compare hunger and appetite and explain what makes them different.

15. Xavier’s body tells his brain it’s time to eat. This is an example of

a. appetite

\*b. hunger

Title: Chapter 4 Test

Topic: L4.2LO10: Identify and explain the major influences on appetite.

16. What is an example of appetite affecting a person’s decision to eat?

\*a. Devi is a vegetarian. Even though she hasn’t eaten in a while, a juicy cheeseburger does not look good to her.

b. Byron eats a light dinner early one evening. He feels like he needs to eat breakfast as soon as he wakes up the next morning.

c. Margot feels like she has no energy, and she realizes it has been six hours since she last ate.

d. Max’s whole math class could hear the sound of his stomach rumbling just before noon.

Type: E

Title: Chapter 4 Test

Topic: L4.2LO10: Identify and explain the major influences on appetite.

17. What is one influence on your appetite? Explain how this influence can change your appetite.

a. Any of the following answers is acceptable:

-Culture: the food you grew up with, what foods your culture eats or doesn’t eat, and when your culture eats

-Peers: whether peers make healthy or unhealthy choices and peers’ eating habits

-Family: access to food at home, who does the grocery shopping, who in the family cooks, whether a home makes healthy or unhealthy foods, and what a family can afford

-School and community: types of food offered at school in vending machines or the cafeteria and location of the grocery store in the community

Title: Chapter 4 Test

Topic: L4.3LO11: Explain the four keys to a healthy diet.

18. Wilda’s grandmother has osteoporosis, partly because for years when she was younger, she ate very little food so she would stay thin. Which key to a healthy diet was Wilda’s grandmother missing?

\*a. adequate

b. balanced

c. moderate

d. varied

Title: Chapter 4 Test

Topic: L4.3LO11: Explain the four keys to a healthy diet.

19. Your diet can differ significantly from your friends’ diets, and yet all of you can be eating a healthy diet.

\*a. true

b. false

Title: Chapter 4 Test

Topic: L4.3LO12: Explain what biased information is.

20. Which nutritional headline contains unbiased information?

a. “Drink Pure Pomegranate Juice to Reduce the Risk of Heart Disease”

b. “Avoid These Five Foods to Live a Longer Life”

\*c. “Use the MyPlate App to Create Healthy, Balanced Meals”

d. “Increase Muscle Mass and Performance With This Superfood”

Title: Chapter 4 Test

Topic: L4.3LO13: Demonstrate the ability to read a nutrition facts label.

21. Foods labeled “organic” have fewer calories and more fiber than non-organic foods.

a. true

\*b. false

Title: Chapter 4 Test

Topic: L4.3LO13: Demonstrate the ability to read a nutrition facts label.

22. The nutrition facts label on the frozen yogurt that Ebony bought says it has 150 calories per serving. The serving size is one-half cup, which Ebony didn’t notice. She ate one cup of the frozen yogurt, thinking she had consumed 150 calories. How many calories did she really consume?

a. 225 calories

b. 250 calories

c. 275 calories

\*d. 300 calories

Title: Chapter 4 Test

Topic: L4.3LO14: Explain how to use MyPlate to plan a healthy diet.

23. If you are trying to follow the MyPlate guidelines for a healthy meal, which dinner would be best?

a. one-third plate pork chop, one-third plate baked potato, one-third plate green beans

b. one-half plate spaghetti with meat sauce, one-fourth plate green salad, one-fourth plate garlic bread

\*c. one-fourth plate grilled salmon, one-fourth plate brown rice, one-fourth plate broccoli, one-fourth plate apples

d. one-fourth plate baked chicken, one-half plate scalloped potatoes, one-fourth plate peppers and onions

Title: Chapter 4 Test

Topic: L4.3LO15: Demonstrate how to access valid and reliable nutrition information.

24. Which of the following websites is most likely to provide valid and reliable nutrition information?

a. http://thepaleodiet.com

\*b. http://nutrition.gov

c. http://healthprep.com

d. http://thevitaminshoppe.com

Title: Chapter 4 Test

Topic: L4.4LO16: Explain how the organs of the digestive system work together to get nutrients out of food and to the body.

25. What role does your tongue play in the digestive process?

a. produces saliva, which helps moisten the food

b. produces bile, which helps you break down fat

c. breaks the food into smaller pieces

\*d. helps you swallow your food safely and properly

Type: MT

Title: Chapter 4 Test

Topic: L4.4LO16: Explain how the organs of the digestive system work together to get nutrients out of food and to the body.

26. Match each stage of digestion with the related part of the body.

a. chewing and swallowing = esophagus

b. mixing and moving food = stomach

c. absorbing nutrients = small intestine

d. eliminating waste = large intestine

Title: Chapter 4 Test

Topic: L4.4LO17: Identify the main organs and functions of the urinary system.

27. Which is NOT one of the organs of the urinary system?

a. bladder

b. kidneys

\*c. pancreas

d. urethra

Title: Chapter 4 Test

Topic: L4.4LO18: Explain common problems associated with the digestive system.

28. The digestive problem \_\_\_\_\_\_\_\_\_\_ is caused by lack of an enzyme in the small intestine.

a. Crohn’s disease

\*b. lactose intolerance

c. irritable bowel syndrome

d. cirrhosis

Title: Chapter 4 Test

Topic: L4.4LO19: Describe what prebiotics and probiotics are and explain how they relate to gut health.

29. Eating living bacteria is always a threat to a person’s digestive system.

a. true

\*b. false

Title: Chapter 4 Test

Topic: L4.4LO20: Explain the long-term risks of poor kidney health.

30. A burning pain when urinating and feeling like you need to go to the bathroom often are characteristic of

a. kidney disease

b. kidney stones

\*c. urinary tract infection

d. kidney dialysis

Type: E

Title: Chapter 4 Test

Topic: L4.4LO21: Describe how to maintain good digestive and urinary health.

31. List three ways to maintain good digestive and urinary health.

a. Any three of the following answers is correct:

-Eat foods higher in fiber like fruits, vegetables, and whole grains.

-Stay hydrated by drinking plenty of water.

-Exercise regularly.

-Eat on a regular schedule.

-Eat prebiotic and probiotic foods regularly.

-Manage your stress.

Title: Chapter 4 Test

Topic: L4.5LO22: Understand what processed foods are and explain how they contribute to a food toxic environment.

32. What is an example of how processed foods contribute to a food toxic environment?

a. Restaurants don’t serve many processed foods.

b. Processed foods are more expensive than whole foods.

\*c. School cafeterias serve mainly processed foods.

d. Whole foods are more convenient than processed foods.

Title: Chapter 4 Test

Topic: L4.5LO23: Explain how type 2 diabetes is related to food choices.

33. Greg has prediabetes, which means he is at high risk of developing diabetes. What is the best way he could adjust his diet to avoid developing the disease?

a. Switch to diet sodas instead of regular sodas.

\*b. Eat whole-grain cereal with milk instead of toaster pastries.

c. Eat five small meals instead of three regular meals.

d. Reduce the amount of protein and fiber in his diet.

Title: Chapter 4 Test

Topic: L4.5LO24: Using three examples, explain how different food choices contribute to overall health or disease.

34. Which of the following helps to get rid of dangerous chemicals in your body?

a. foods high in saturated fat

b. foods high in unsaturated fats

\*c. foods high in antioxidants

d. foods high in fiber

Title: Chapter 4 Test

Topic: L4.5LO25: Compare and contrast healthy and unhealthy fats.

35. If you want to avoid eating unhealthy fats, which snack would you choose?

a. caramel corn with peanuts

b. cream cheese with potato chips

c. buffalo wings with ranch dip

\*d. guacamole with baked tortilla chips

Type: MR

Title: Chapter 4 Test

Topic: L4.5LO26: Explain the benefits of eating a nutritious breakfast.

36. What are the benefits of eating a nutritious breakfast every day? **Select all that apply.**

a. You won’t have to worry about eating healthy foods for lunch or dinner.

\*b. Your focus and concentration may be better.

\*c. You will find it easier to maintain a healthy weight.

\*d. You will probably feel more alert and focused.

Type: MT

Title: Chapter 4 Test

Topic: L4.5LO27: Use the decision-making process to demonstrate how to choose a healthy breakfast.

37. You’ve decided that you want to eat a healthy breakfast, but it’s not happening yet. You understand what the problem is: You don’t have much time in the morning on school days. That is step 1. What are the next steps to making a healthy decision? Match each statement with a number to show the order of the steps.

a. step 2 = Figure out what your options for a quick breakfast are.

b. step 3 = Know that you will get hungry and eat junk at school if you don’t eat beforehand.

c. step 4 = Decide what you’re going to do.

d. step 5 = See if the option you chose is working out for you.

Type: E

Title: Chapter 4 Test

Topic: L4.5LO28: Compare and contrast grilling and broiling with frying and describe how each relates to health.

38. Why is it better to choose meats that are grilled or broiled over meats that have been fried?

a. Grilled and broiled meats don’t need extra fat to cook, and some of the fat in the meat will melt off.